APSC 1001

Thunkable App Development Environment – (In)Activity Alert

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Photo: Kartik Bulusu

Build a (In)Activity Alert App - Motivation

Bill Hammack (i.e. The Engineer Guy): How a Smartphone Knows Up from Down (accelerometer)

Source:
https://youtu.be/KZVgKu6v808

How to stay active during the COVID-19 quarantine?

Take short active breaks during the day.

- Short bouts of physical activity add up to the weekly recommendations
- Dancing, playing with children, and performing domestic chores such as cleaning and gardening are other means to stay active at home.

Stand up.

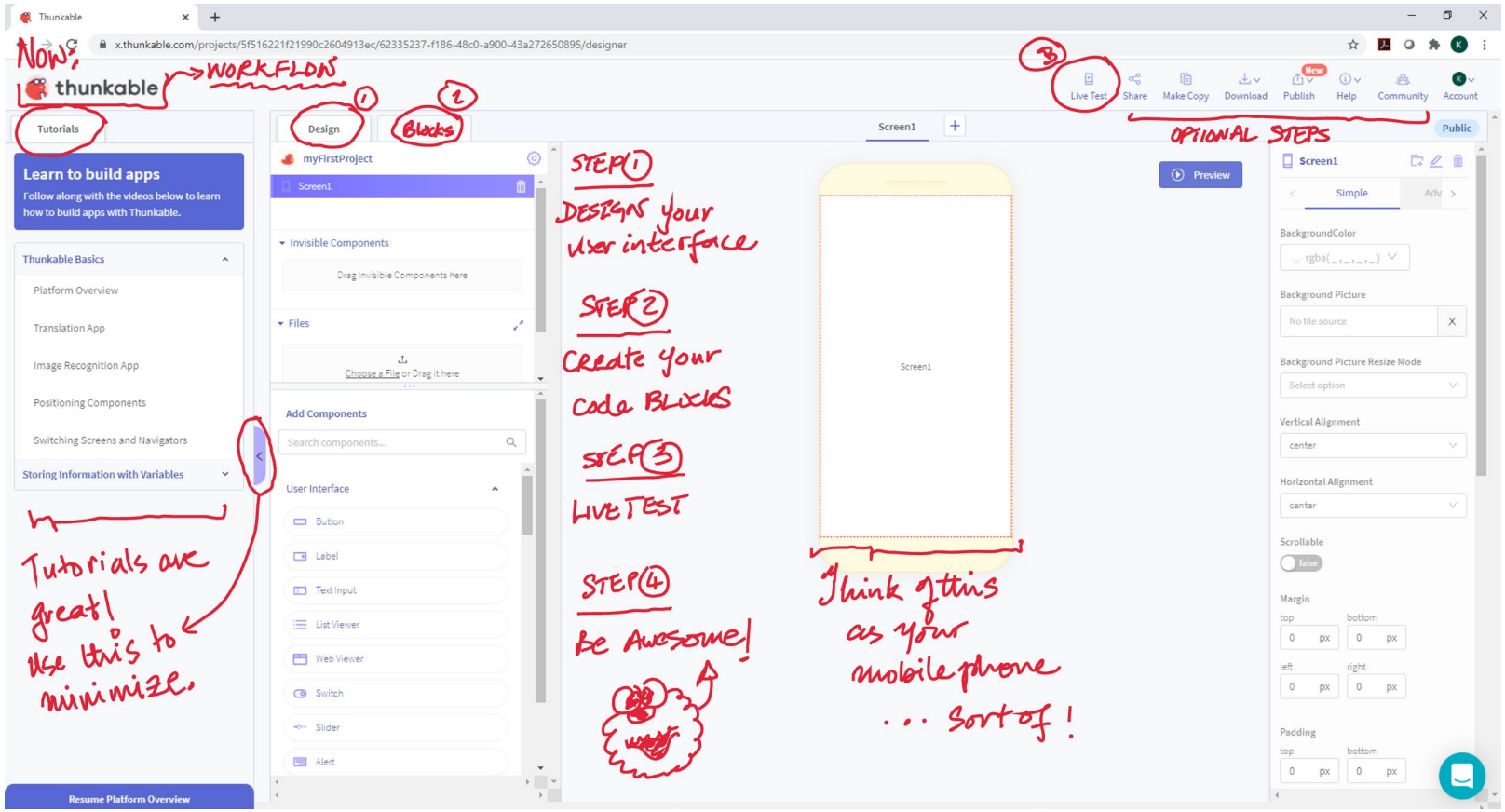
- Reduce your sedentary time by standing up whenever possible.
- Ideally, aim to interrupt sitting and reclining time every 30 minutes.

Walk.

- Even in small spaces, walking around or walking on the spot, can help you remain active.
- If you have a call, stand or walk around your home while you speak, instead of sitting down.
- If you decide to go outside to walk or exercise, be sure to maintain at least a 1-meter distance from other people.

Source:
https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/publications-and-technical-guidance/noncommunicable-diseases/stay-physically-active-during-self-quarantine

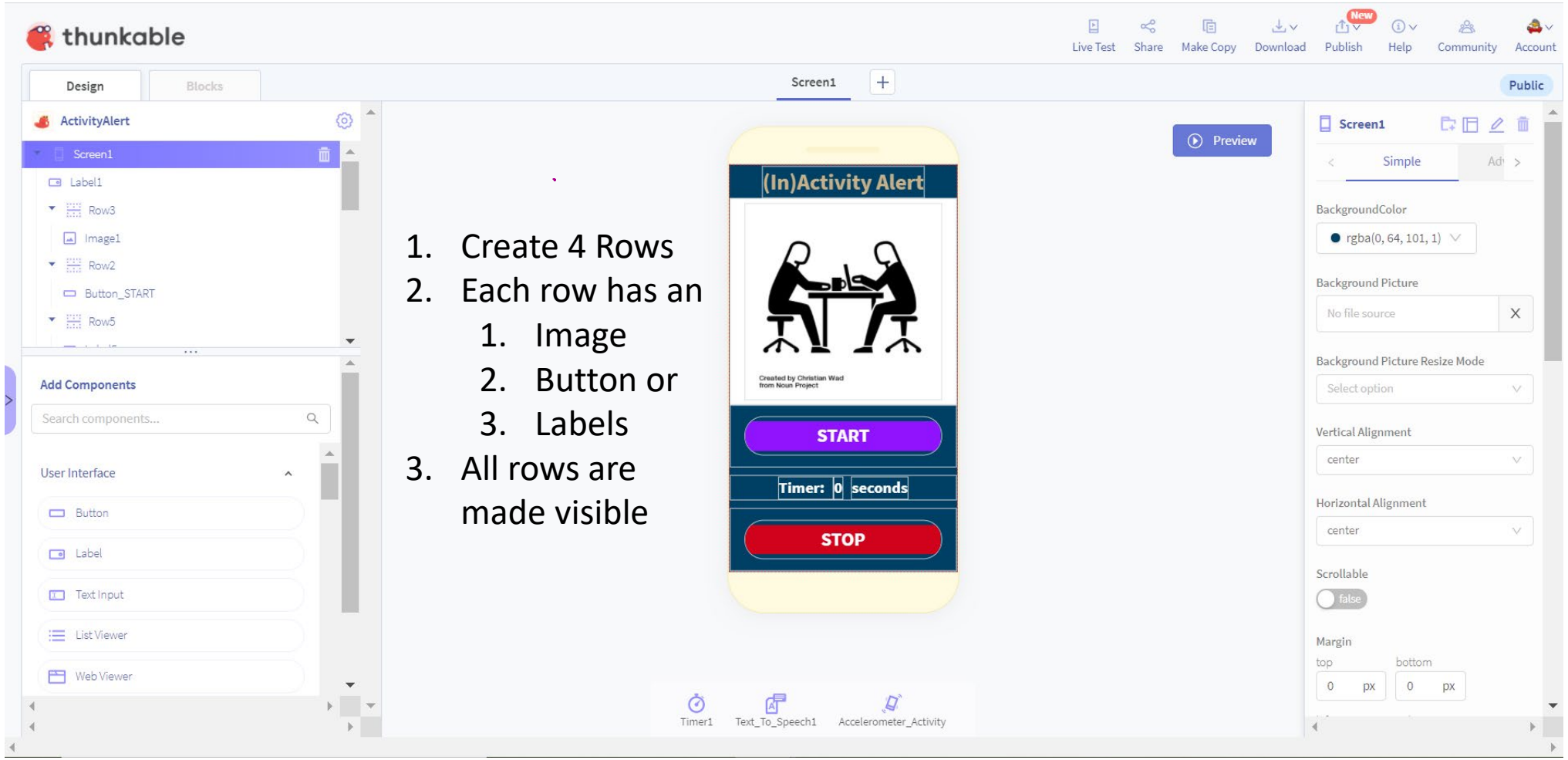
Build a (In)Activity Alert App - Goals



Goals:

1. Create a UI with
   i. Timer
   ii. Text_to_Speech
   iii. Image
   iv. Start Button
   v. Stop Button
   vi. Labels
2. Create CODE BLOCKS for
   i. START Button
   ii. Accelerometer
   iii. Timer
   iv. Stop Button
   v. Label, Text and Speech

Step 1: Create the User Interface (UI)

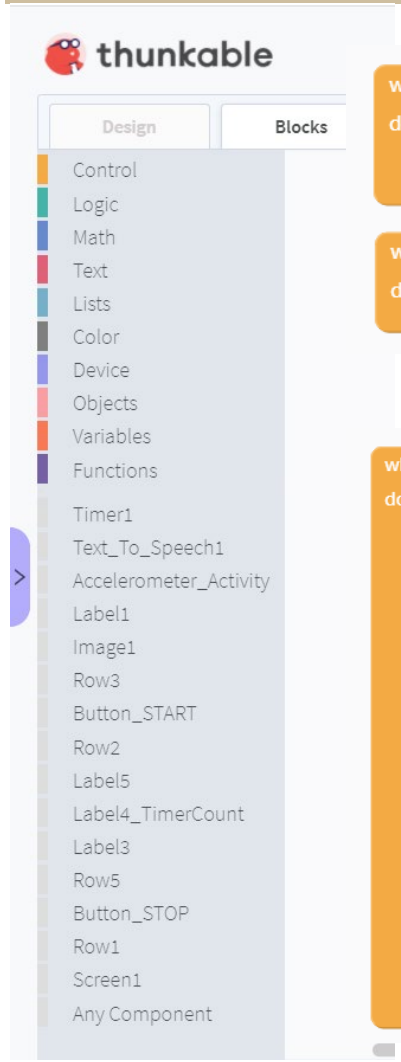


1. Create 4 Rows
2. Each row has an
   1. Image
   2. Button or
   3. Labels
3. All rows are made visible

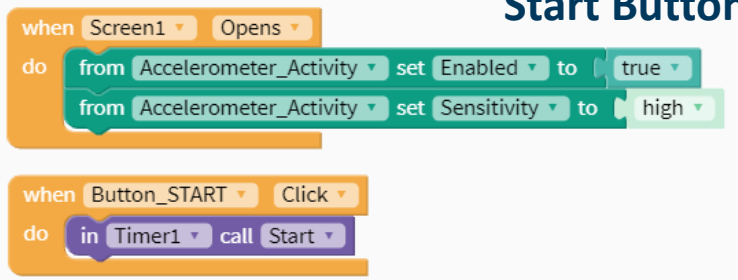
GWU Buff Color:
R = 200
G = 177
B = 139
A = 100

GWU Blue Color:
R = 0
G = 64
B = 101, A = 100

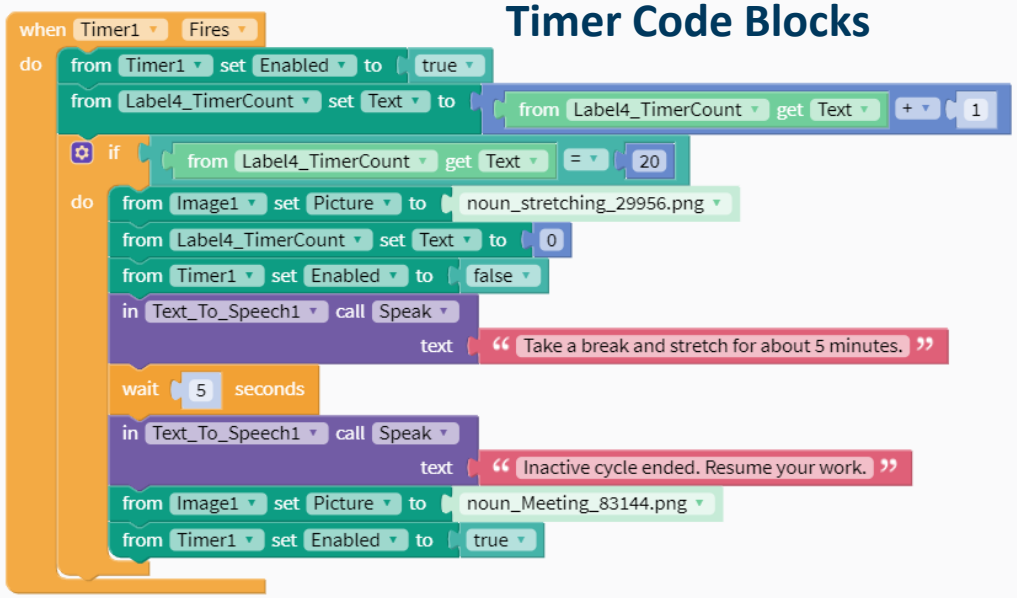
Step 2: Create CODE BLOCKS



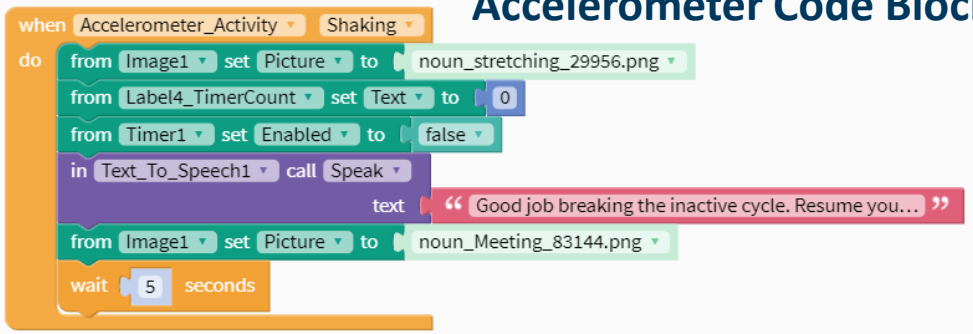
Start Button Code Blocks



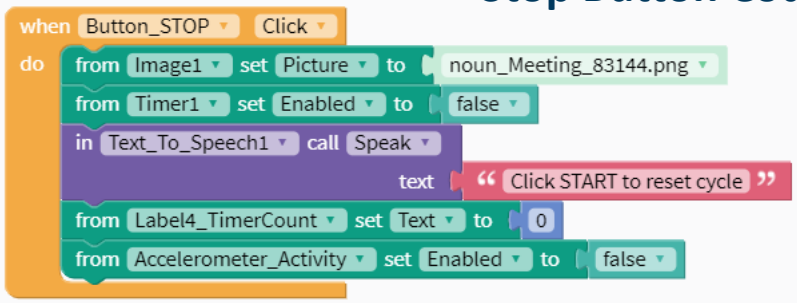
Timer Code Blocks



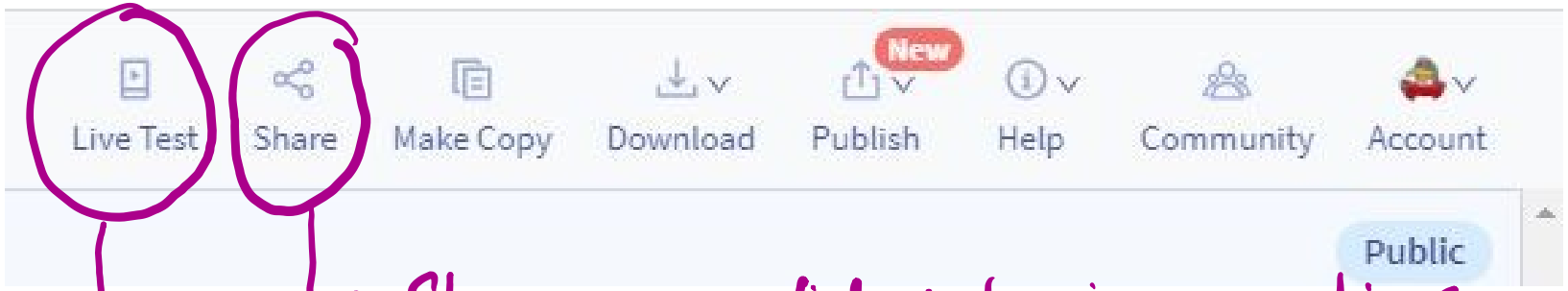
Accelerometer Code Blocks



Stop Button Code Blocks



Step 3: Live Test



Share: 1. Will help in creating a shareable weblink that you can use to submit your assignment
2. And share it with anyone who is awesome.

Live Test:
1. Will give you a clear and clean working version of your APP and
2. Will test the same version on Thunkable Live installed on your mobile phone.